

BE HAPPY & MAKE OTHER MORE HAPPIER

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"Don't pray for the problems to go away, but rather for the courage and strength to overcome them." When I got the above message from my friend at the very outset, I felt that this is very good to say but difficult to practice.

At the first, is it possible to have no problem in our life? I told myself, it is not possible. If we are alive then every moment there are activities, which regenerate other activities. Every action has a reaction. Result either there is problem or happiness as in this world we can not live isolated.

The second point is that do we have courage and strength to overcome them. If we feel that every action or reaction is problem then certainly we need the courage and strength to overcome them. Here I feel that every action or reaction is happenings or misshapeness. By error or by intention we or other may do action or behaviour and certainly there will be reaction towards that action.

My wife prepared the best breakfast using her best skills. Still the combination of salt was not perfect. Here my reaction is very important. I may fire on her and in reaction I may also get fired or she may feel sorry or she may have no reaction. In all the case is it possible to maintain the harmony.....? The good atmosphere can be possible only when you rope dignity and your mind is solution oriented. If you are solution oriented then you may add curd, salad or any food material to improve the combination of salt. Still you need to behave decently with your wife. In result your wife shall also be careful in future before using salt. In any case this is a trial and error theory. Every action we do or others do, reaction is there. The moment your action is in such a way that it improves the atmosphere the great moment starts. Happiness is inside, not out side. We need to develop the art of solution and happiness. The quality of a person's life is in direct proportion to his commitment to excellence.

You must believe that the Almighty has given all the talent to do whatever you want to do and he expects us to do the best we can. When we try to be the best, our all actions converge to bring the best result for us. You may have done wrong actions but still you have fair chances of improvement. If you have committed a mistake it does not mean that you have lost all chances. At every moment you get the chance to improve the conditions. Depending upon your mistake and behaviour of others you may need to do continuous efforts. Don't worry. Do the best and strive for the best result. Results will be certainly good. It may take some little more time but certainly the result will be favourable. Remember every night ends with sun rays.

Don't remain suspicious and confused. Remain confident that always the best will happen. Only thing is that success may take some time for reasons known or not known to us. What we need to do is to do the best as per our competency and continuous and hard working towards our goal. Then happiness, success and winning take care of themselves.

Confidence comes from knowledge. But knowledge itself does not create the art of implementation of knowledge. You will certainly forget to implement the knowledge if you do not do hard work on that knowledge. Implementation of knowledge comes from hard working. One who keeps patience with continuous watch over the development and takes reasonable action required is sure to be a winner in his field. Excellence comes with this art. You should strive to be the best human being. God created us as human being and we should try to improve our self on a continuous basis. Those who loves human beings and nature, are only whom God loves. You can be loving person with this art. Graceful success comes when you are having all these talents i.e. hardworking, knowledge, excellence and loving personality.

You should be careful not only towards your behaviour but also towards your health. Daily walking, jogging and yoga keeps you fit. You should smile and laugh loudly irrespective of your age. This can be possible only when you are a loving person. A heart full of grace and a soul generated by love is really a great man.

Material things do not bring permanent happiness. We must understand the management of balance of mind. Let we have liked all material things which includes car, bungalow AC, beautiful wife or have some one who love's us, or have unlimited financial resources etc. etc. these things are only immediate rush of joy. After sometimes all these material thing will sure to create depression, disappointment as well as burden and frustration. It is very clear that "All the money in the world will not buy happiness" "wealthy people are lonely and

suspicious of people's motives." Material things include money, fame, recognition, relationship, recreational drugs whose affect is only momentary. Happiness is brought basically by mental attitude. One has to keep balance of his mind or attitude. One should understand the boundary of each thing. Every material thing has its own plus and minus significance and before going for them we must evaluate them with cool mind.

Happiness comes when we admit where we are lacking and where we have to change our self. However when we are reluctant to admit our needs because we're afraid that people might really reject us and which may crate embarrassing situation, we become slave to all these and our actions become superficial.

Happiness comes to a person who is able to ask for help at right time from right person. Selection of right person is very important. But at time you don't know who the right person is. Even admitting our needs does not give our ego a blowout end, in result it creates such emotional and intellectual integrity that people will trust us. People starts to go along with us hence we get tremendous self-esteem. The alternative is to play games, put on a front, pretend to be something we are not, and hopes that no one will even catch us without one mark on our hair fixed just right our guard up. This is the path where we shall not get help we need as we are on false front as we are pretending that we have no problems for thinking. We need to remember that there is always somebody ready to help any body. Help does not always mean financial help. It may be like advice, guidance, etc.

There are lots of situation from earth to sky, darkness to light, winning or losing, succeeding, or failing enthusing or depressed, happy or suffering, stronger or weaker. We can remain happy if we keep our attitudes towards positives things and can balance the thing. If we are winner we should behave well and our attitude should be like a tree with plenty of fruits. If we are loosing then we should have courage to think that this time will not last for ever. Sooner or later I shall solve the problem having positive attitude, balance and vision.

"What happens to good people when bad things happen to them?" These people will say I am going to remain cool, calm & corrected. I really want to do right thing. I need help – I can't do it alone: Here it would not be out of place to mention that every one has problems but very few of us remain happy in this situation.

A man with twenty challenges is twice as alive as a man with ten. If you haven't got any challenges, you should get down on your knees and ask, "Lord. Don't you trust me anymore?"

"So what if you've got problems, that good!" Why?

Because consistent victories over your problems are the steps on your stairway to success. Be thankful for problems, for if they were less difficult, someone with less ability would have done your job. A successful man will never see the day that does not bring a fresh quota of problems, and the mark of success is to deal with them effectively. You will never be the person you can be if pressure, tension and discipline are taken out of your life.